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**Membership Renewal.** Its the beginning of a new year and time for everyone to renew those memberships with the Gulf Winds Track Club. [Please visit Eventbrite to renew your membership online.](#) At the end of the year we had 353 members and as of today we are down to 188 with so many memberships expiring on December 31st.

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**NEW Uniform Designs.** Your uniform committee has been hard at work with LG to design a new kit and club logo that we hope everyone will love! The only thing missing right now is some sponsor logos. We hope to get the new kits in before Red Hills for everyone to show there club pride on race day!

**Uniform Sizing.** All of the sizing will be handled by Capital City Runners. They will have all of the sample uniform pieces at the store for you to stop by and try on at your convenience. We ask that everyone please stop by Capital City Runners no later than Sunday, February 1st to get sized. Please be sure to record your sizes in the log book by the register.

**Uniform Ordering.** The ordering itself will handled by the club at a later time once we have the final design and prices. So stay tuned for more information on placing your actual orders. Payment will be due in full at the time you place your order.

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**Monthly Meeting.** The first meeting of the new year will be held this coming Monday, January 19th at Momo's Pizza in Killlearn. As usual the social starts at 6:30PM and the meeting will begin at 7:00PM. This months guest speaker will be Alexis Gaston-Woodcock. She will be speaking about Sports Specific Strength Training for Triathletes. For more information about Alexis please visit her website [www.justgetfitonline.com](http://www.justgetfitonline.com)

CAPITAL CITY  
RUNNERS



**Free Wetsuit Rental.** Capital City Runners is offering a **FREE** 10 day wetsuit rental to all current Gulf Winds Triathletes members. Be sure to get those memberships renewed to take advantage of this great deal! Capital City Runners offers Xterra and TYR wetsuits which are also available for purchase at the store.

[Map to Store](#)



**First Timers Clinic.** The first of the free clinics to help first timers prepare for the Red Hills Tri will be held at the Southwood Towne Center parking lot on January 25th at 1:00PM. The focus will be on riding a bike in groups, bike etiquette and general rules of riding. Come prepared to ride. For more information please visit the [Red Hills Triathlon](#) website.

**Volunteer Opportunity.** Each year the club staffs a water stop at the Tallahassee Marathon around mile 6, very close to the turn around for the Half Marathon. The table will be located on Woodville Hwy at the entrance of the Great Bicycle Shop. The largest number of volunteers are needed from approximately 8AM-10AM, but we will need volunteers before and after this time to staff the table for the entire race. Be sure to dress for the weather and bring a chair! And please bring a pitcher to help refill cups

Contact Kathy McDaris at [mcdaris@comcast.net](mailto:mcdaris@comcast.net) to sign up for a specific volunteer shift. Shifts are available as follows:

7AM-10AM

8AM-11AM

9AM-12AM

7AM-1PM.

[Map to Water Stop](#)

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